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## Your body's acid test

Victoria Beckham swears by the alkaline diet, but does it work? A nutritionist weighs in on the claims **PAGE 19**

## Mr. Sorry tells his story

Who knew you could fill an entire book with apologies to everyone you've ever slighted? Memoirist Dave Bry has done just that **PAGE 23**

## WHY MUST I BE A TEEN ALIEN IN LOVE?

TWILIGHT AUTHOR STEPHENIE MEYER'S LATEST SAGA OF INTERSPECIES LOVE, THE HOST, SWAPS VAMPIRES FOR BODY SNATCHERS **PAGE 17**

**NO BOY BANDS**

**LIVE 88.5fm**



## PRIME PANDA-MONIUM

What's black and white all over and the centre of Prime Minister Stephen Harper's attention? Look right — there's Da Mao, one of two giant pandas that have just flown in from China on the Panda Express, a specially-outfitted jetliner. Harper was officially taking delivery of Da Mao — like panda Er Shun, on loan to Canada from China — at Toronto's Pearson International Airport on Monday. "It's not every day you get to sign for pandas," the prime minister joked. The loan is the result of a deal reached when Harper visited China just more than a year ago. HANDOUT/JASON RANSOM/AFP/GETTY IMAGES

## Health groups oppose Ottawa casino project

**But if the city insists:** Groups prescribe more public input, less accessible locations and no casino ATMs



**GRAHAM LANKTREE**  
graham.lanktree@metronews.ca

A casino in Ottawa's downtown core will lead to more gambling addiction, say community health groups.

"The impact of problem gambling has been absent from the debate," said Jeff Morrison, board president of the Centre-town Community Health Centre as he spoke on behalf of five community health centres and other groups opposed to Ontario Lottery and Gaming's casino proposal.

"Thirty to 40 per cent of a casino's revenue comes from three per cent of the worst problem gamblers," Morrison said. "Frankly, this is going to

have negative impacts no matter where in the city it is built."

In early December the City of Ottawa began taking proposals on casino construction and operation after council voted to move ahead with the idea.

Morrison said the groups oppose the casino hands down, but if the city insists, they hope it has strategies in place to mitigate harm.

"What the research is really clear on is that accessibility is a factor contributing to problem gambling," said Morrison, recommending that a new casino be built far from downtown. "Don't open 24 hours, don't put an ATM on site and don't serve alcohol on the gaming floor."

Mayor Jim Watson said in a written statement council voted on the issue knowing Ontario has one of the "best funded strategies" to address problem gambling. He added problem gambling already costs the city and province, while gambling revenue is captured by the Casino du Lac-Leamy, in Quebec.

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## Transit. No new issues with Presto cards: OC Transpo GM

There are no new problems with the Presto smart card system on OC Transpo, but many of the cards in circulation are not being used, the general manager of OC Transpo told the city's transit commission Monday.

John Manconi said staff are working hard to prepare a report next month on the status of the glitch-plagued system developed by Metrolinx.

Handheld fare inspection devices have been prone to freezing and crashing, much like the card readers were doing a year ago.

There are 8,226 cards in use as of March 12 out of the total 13,500 cards that have been distributed, which is up from 6,825 in January and February.

Manconi said the usage rate is "positive" and he suspects most people are waiting for all of the bugs to be ironed out before they begin tapping.

More customers seem to be having more success with the cards.

Manconi noted a 99 per cent successful tap ratio over the past couple of months — an increase of one per cent.

More details on the performance of the Presto system will be made available in April, the commission was told. The report will address "critical success" factors like customer convenience features, customer care levels and STO interoperability.

JOE LOFARO/METRO



Supporters unravel a banner displaying the United Way 2012-13 fundraising total at an achievement announcement Monday. JOE LOFARO/METRO

# United Way looks to close funding gap

## \$800,000 shortfall.

While the organization met its 2012-13 fundraising goal, the community fund is still in the red



JOE LOFARO  
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United Way Ottawa might have surpassed its 2012-13 fundraising goal of \$30 million, but the organization is concerned about declining contributions to its

community fund.

Just under three years ago the fund was implemented as a way for donors to contribute money to 10 "priority goals" in three areas: Growing Up Great, Belonging to Community and Turning Lives Around.

Funds raised for Growing Up Great, for example, would go toward after school programs like Christie Lake Camp or the Boys and Girls Club of Ottawa.

So, while the overall campaign has raised \$30,334,000 for this fiscal year, there is still an \$800,000 shortfall in the community fund, said James McCracken, United

Way board chair, at Monday's achievement announcement.

"What this means is challenges ahead for our board of directors as we work hard to make sure the right choices are made to manage the shortfall without jeopardizing the important work of United Way and its priority goal promise," said McCracken.

So far United Way has raised \$17.1 million of the \$17.9 million it has committed for the community fund. With the campaign officially coming to a close March 31, United Way is making a last-minute appeal to the community to donate if they

haven't already.

"We're keenly aware of the fact that ... every dollar counts and that people are really depending on that money," said McCracken. "We want to make sure that we do everything possible to make it a modest and manageable shortfall."

More than 1,000 workplaces helped out in this year's campaign, including PCL Constructors Canada Inc. and Innovapost, which were recognized for contributing \$113,000 and \$183,000 respectively.

Information on how to make a donation is available at [unitedwayottawa.ca](http://unitedwayottawa.ca).

1 NEWS



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DAYS TO PUCK DROP

THE BATTLE CONTINUES

# End of journey for Nishiyuu Walkers only the beginning of their message

**Far from over.** The group completes 1,500-kilometre trek, but say movement far from finished



**GRAHAM LANKTREE**  
graham.lanktree@metronews.ca

Algonquin teen Johnny Miascum came to the end of his three-week trek with the Nishiyuu Walkers Monday, but he said the journey is only the first step in a series of moves Canada's First Nations will navigate this summer.

"I was inspired by what they're trying to accomplish," said Miascum of the seven teens who started the 1,500 kilometre Nishiyuu walk. It began in a small First Nations community in north Quebec mid-January to support the Idle No More movement.

"Their message of unity, I found, was really cool. The preservation of our culture and living off the land" said Miascum, who joined the group when they stopped off at the reserve in Lac-Simon, where he lives with his family.

By the time they reached Ottawa Monday, their ranks had swelled to more than 150 youth from Cree, Algonquin and Mohawk backgrounds.

"This is a beginning to me," said Miascum, who hugged his father after travelling 150 kilometres of the full trek with the walkers following traditional trad-



Johnny Miascum finishes his 150-kilometre trek from Lac-Simon with a hug from his dad Bentley. The Nishiyuu Walkers travelled 1,500 km by foot from northern Quebec to participate in the Idle No More movement. GRAHAM LANKTREE/METRO

ing routes.

"It's definitely not the end. This is more like a stepping stone in the right direction."

Idle No More activists say they will continue putting pressure on the Canadian government this summer with more protests in Ot-

tawa and throughout the country to call attention to the host of issues plaguing First Nation communities nationwide.

"The Idle No More movement, I don't think it's ever going to stop," said Attawapiskat Chief Theresa Spence.

Spence created a rallying point for First Nations grievances over two controversial government bills that groups claim impact land treaties when she started a hunger strike on Ottawa's Victoria Island on Dec. 11, 2012.

Spence's action brought

about a meeting with Prime Minister Stephen Harper and First Nations leaders, but led to no concrete results.

"When I hear the youth were inspired by what I did, I had to come," said Spence, noting she had no plans to join the walkers as they met

with new Aboriginal Affairs Minister Bernard Valcourt.

"Their message in my view is walk together. I'm hoping that this new minister will really listen to us and understand the history, but look forward to the future with teamwork."

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## Holy smokes! Israel gets first kosher-certified cigarettes for Passover

Observant Jews in Israel craving a smoke during the weeklong Passover holiday that started at sundown Monday can now enjoy a rabbi-approved puff.

It's the first time cigarettes have joined the long list of goods stringently checked to ensure they comply with Passover rules on what items are kosher for the holiday — meaning they have not come in contact with grains or other forbidden ingredients.

The chief rabbinate in Israel, however, disapproved.



Label reads: "Kosher for Passover."  
ODED BALILTY/THE ASSOCIATED PRESS

"Poison is not kosher. For all days of the year, not just Passover," said spokesman Ziv Maor. THE ASSOCIATED PRESS

### Humanitarian visit

## Prince Harry heads back to U.S.

Britain's Prince Harry is returning to the U.S. — but skipping Vegas this time.

Instead, he will support veterans' charities, landmine clearance and aid for poor African children.

THE ASSOCIATED PRESS

### Bus fare?

## \$1.3-million bag leads to charges

A yearlong probe into a bus passenger in Winnipeg with \$1.3-million in his backpack has led to proceeds of crime charges against a man from Minden, Ont., allegedly linked to illegal gaming in Ontario. THE CANADIAN PRESS

# Italy's youth rise to power amid parliamentary chaos



Deputies of the Five Star Movement attend the second-day meeting of the new Italian parliament on March 15 in Rome. The party broke a world record for its MPs' median age. GIORGIO COSULICH/GETTY IMAGES

## Five Star Movement. Protest party received quarter of all votes

ELISABETH BRAW  
Metro World News in Rome

Italy's parliament is suddenly looking like a university auditorium. That's because many of the newly elected parliamentarians are students.

MP Laura Castelli, 26, once tweeted about a journalist who was chasing her: "He thinks we're extraterrestrials."

### Demands of office

"Let's hope that the new parliamentarians are a positive force.... One needs not just political will but also experience."

Stefano Folli, respected political columnist at the Italian daily Il Sole 24 Ore

It's true that these new MPs have little knowledge of political proceedings: Most of them belong to the Five Star Movement, Italy's phenomenally successful protest party.

"So many people voted for (leader) Beppe Grillo because they're nauseated by all the recent scandals," said student Luisa Ciaramella, 25, from Naples.

The median age of the Five Star parliamentarians in the lower house is 33 — a world record. Thirty-five of these new parliamentarians are under 30. And, as Grillo recently pointed out on his blog, his MPs are also Italy's best educated.

But while Italy's parliament enjoys an aura of fun rebellion, its problems remain grave.

Five Star has proposed leaving the eurozone, an idea Umberto Ambrosoli of the centre-left alliance called "very dangerous. They're just suggesting it to abdicate themselves from responsibility."



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# Landslide kills 8, leaves 9 missing in central Indonesia

**Java.** Police, soldiers and residents searched for the missing, but were hampered by a lack of equipment and then darkness

old son embracing each other, just hours before the search was halted due to darkness.

Sigit said a lack of equipment hampered the 300 police, soldiers and residents who used their hands, shovels and hoes to search through the debris for the missing.

The dead included five children, said Sutopo Purwo Nugroho of the national disaster agency.

Seasonal downpours cause dozens of landslides and flash floods each year in Indonesia, a vast chain of 17,000 islands where millions of people live in mountainous areas or near fertile flood plains.

The agency also said that 83 people died in 53 earlier landslides this year in Indonesia.

THE ASSOCIATED PRESS

A landslide triggered by torrential rain killed at least eight people and left nine others missing on Indonesia's main island of Java, an official said Monday.

Nine houses were buried when mud gushed down from surrounding hills just after dawn Monday in Cililin village in West Bandung district.

Sigit Udjwalaprana of the local Disaster Mitigation Agency said rescuers dug up the bodies of a father and his seven-year-



Villagers make their way through the mud from a landslide in Cililin, West Java, Indonesia, Monday. Rescuers pulled out eight bodies, including five children, after the landslide triggered by torrential rain. THE ASSOCIATED PRESS

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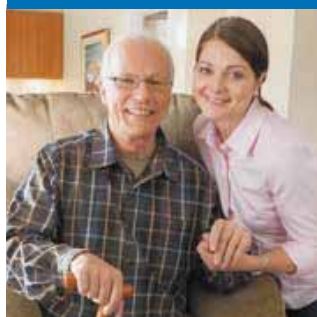
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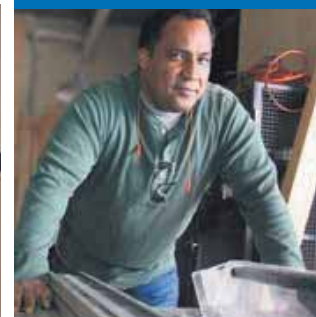
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## France

**Public increasingly opposed to ruling allowing headscarf**

Backlash is growing in France against a court ruling in favour of a Muslim employee of a private nursery school who was fired after she refused to take her headscarf off. A new poll found that four-fifths of people in France would back a proposal to ban Muslim headscarves and other signs of religion in private companies.

THE ASSOCIATED PRESS

## Chile

**Miner trapped underground**

Rescue workers were clearing rubble by hand Monday to reach a man trapped 300 metres underground following a collapse in a mine in the same region where 33 miners were buried for 69 days in 2010. The miner survived the collapse by taking refuge in a secondary tunnel. THE ASSOCIATED PRESS

## Syria

**UN to reduce staff in Damascus after mortar attacks**

The United Nations said Monday it was temporarily reducing its international staff in Damascus following mortar fire that damaged a hotel and a UN vehicle.

The UN will relocate some staff to Beirut and Cairo and it has asked national staff to work from home until further notice, UN spokesman Martin Nesirky said.

Nesirky said the relocation involves about half of the roughly 100 international staff in Damascus and some of the 800 national staff.

Nesirky said critically needed humanitarian aid will continue.

"UN agencies and their partners remain committed to providing humanitarian assistance to millions in need across Syria and will maintain a number of staff inside Syria to continue running these critical programs and deliver aid to civilians in need." THE ASSOCIATED PRESS

**Myanmar. Violence may threaten reforms: Gov't**

Myanmar's government warned Monday that religious violence could threaten democratic reforms after anti-Muslim mobs rampaged through three more towns in the country's predominantly Buddhist heartland.

The mobs destroyed mosques and burned dozens of homes over the weekend.

In an announcement on state television, the government pledged to make "utmost efforts" to halt the violence and incitement of racial and religious unrest.

"We also urge the people to avoid religious extremes and violence which could jeopardize the country's democratic reform and development," it said.

President Thein Sein had declared an emergency in the affected areas on Friday and deployed army troops to the worst-hit city, Meikhtila, where at least 32 people were killed. According to the UN, more than 12,000 people were displaced. Monday's announcement said the displaced people would be resettled as soon as calm was restored.



Myanmar Muslims in Malaysia hold a banner decrying ethnic unrest in their homeland. THE ASSOCIATED PRESS

Muslims in Meikhtila, who make up about 30 per cent of the city's 100,000 inhabitants, have borne the brunt of the devastation. At least five mosques were set ablaze from Wednesday to Friday, and most homes and shops burned were Muslim-owned.

The authorities said they detained at least 35 people allegedly involved in arson and violence. But residents and activists said the police did little to stop the rioters or reacted too slowly. THE ASSOCIATED PRESS

**Zimbabwe. High Court frees rights lawyer**

Zimbabwe's top rights lawyer, Beatrice Mtetwa, released by a court after eight days in jail for allegedly obstructing justice, said Monday her arrest was a ploy to intimidate human-rights activists and pro-democracy groups ahead of upcoming elections expected in July.

Mtewa told reporters she believed she was targeted. "It is a personal attack on all human-rights lawyers but I was just made the first example. There will be many more arrests to follow as we near elections," Mtet-

wa said. "The police were all out to get me. They wanted me to feel their might and power because I call myself a human-rights lawyer and I felt it."

Mtewa was arrested on March 17 along with four officials from Prime Minister Morgan Tsvangirai's party. The officials are accused of illegally compiling information on high-level corruption. Mtewa was accused of shouting at police conducting a search at Tsvangirai's staff offices.

THE ASSOCIATED PRESS



Human-rights lawyer Beatrice Mtetwa, left, leaves the High Court in Harare on Monday. THE ASSOCIATED PRESS



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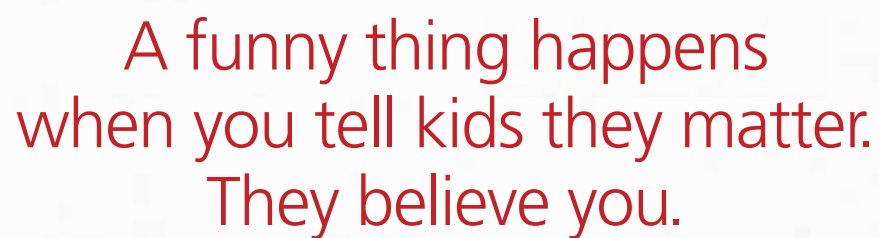
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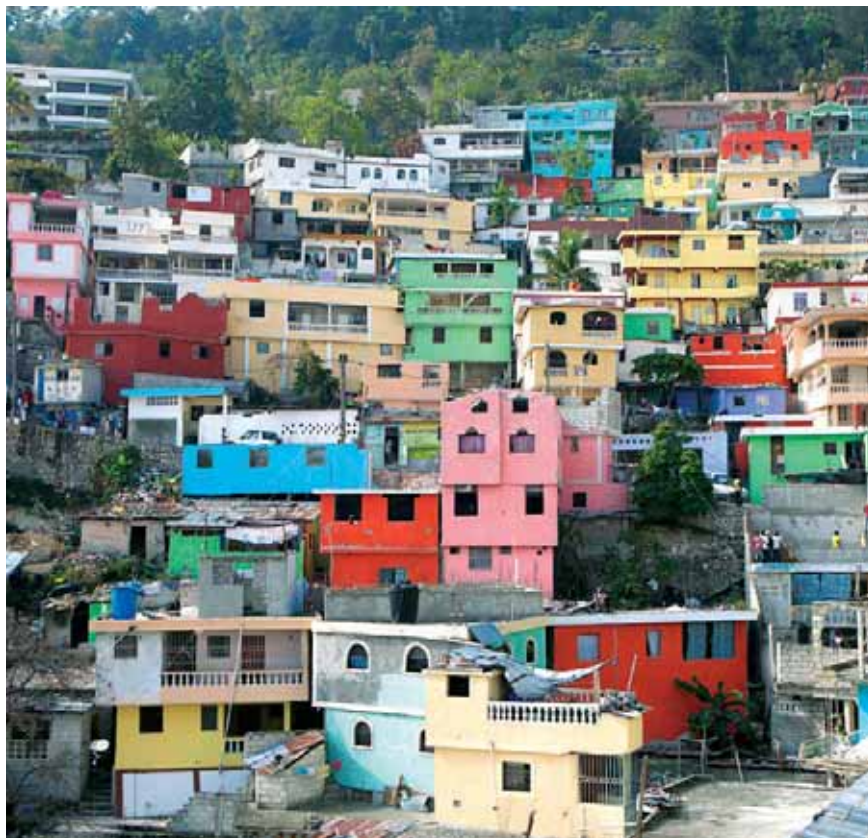
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In this picture taken March 21, homes painted in bright colours cover a hill in Jalousie, a cinder-block shantytown in Port-au-Prince, Haiti. Workers this month began painting the concrete facades of buildings a rainbow of colours, inspired by the dazzling "cities-in-the-skies" by Haitian painter Prefete Duffaut, who died last year. DIEU NALIO CHERY/THE ASSOCIATED PRESS

# Psychedelic slum pleases eyes, but not Haitian critics

**Money well spent?**  
Program's head says he wants residents to be proud of 'modest, but decent' neighbourhood

One of Haiti's biggest shantytowns, a vast expanse of grim cinder-block homes on a mountainside in the nation's capital, is getting a psychedelic makeover that aims to be part art and part homage.

Workers this month began painting the concrete facades of buildings in Jalousie slum a rainbow of purple, peach, lime and cream, inspired by the dazzling "cities-in-the-skies" of well-known Haitian painter Prefete Duffaut, who died last year.

The \$1.4 million effort titled Beauty versus Poverty: Jalousie in Colors is part of a government project to relocate people from the displacement camps that sprouted up after Haiti's 2010 earthquake. The relocation has targeted a handful of high-profile camps in Port-au-Prince by paying a year's worth of rent subsidies for residents to move into neighbourhoods like Jalousie. The government is now trying to spruce up these poor neighbourhoods and introduce city services.

While most residents welcome the attempt to beautify Jalousie, a slum of 45,000 inhabitants, critics say the project is the latest example of cosmetic changes carried out by a government that has done little to improve people's lives in the Western Hemisphere's poorest country. **THE ASSOCIATED PRESS**

## Jalousie

- Amid its narrow corridors and steep steps, Jalousie has no traditional sewage system or electric grid. It is lit at night by candles and a web of wires that tap illegally into the public power system, dangling above the homes. Water is provided by an outdoor spigot where people line up with buckets.
- "This is just to make it look like they're doing something for the people but in reality they are not," said Sen. Moise Jean-Charles, a critic of President Michel Martelly, arguing that the money could have been better spent.

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# Sadistic, tyrannical, unstable ...

**Startling testimony at inquest.** Psychiatrist reveals the dark side of Ashley Smith, a teenager who killed herself in her jail cell

**Quoted**



**"Ashley was dour, sullen, blunted in general, with occasional bursts of animation and humour."**

**Dr. Jeffrey Penn,**  
a psychiatrist who treated Ashley Smith in prison in Truro, N.S.

A teenaged girl who killed herself in her prison segregation cell was highly unstable, showed sadistic tendencies and was one of the most difficult cases he had ever seen, a psychiatrist testified Monday.

Dr. Jeffrey Penn told a Toronto inquest into Ashley Smith's death that only top-quality psychological care could have helped her overcome her extreme problems.

"She presented one of the more severe personality pathologies that I have encountered," Penn said.

Smith, who had been teased mercilessly growing up, was emotionally immature, giggly, took pleasure in inflicting pain on others, and had only a limited capacity for remorse, Penn testified.

In some ways, he said, Smith hadn't progressed beyond age two or three. "This

young woman is essentially a large tyrannical child who can't tolerate limits, feels estranged and isolated from peers, unloved, unliked, and often hopeless," Penn once wrote.

Despite the various problems, Penn said the mental-health system in prison is "better than people think," although it could be improved.

Smith, however, was simply an extremely difficult inmate and patient.

"She had incredibly poor social skills. She can't get along with peers or with staff," he said.

She also had a strong need for arousal.

"When I'm bad, I get a feeling of excitement," he said she told him.

**THE CANADIAN PRESS**

**Her lonely end**

Ashley Smith choked to death in segregation at the Grand Valley Institution in Kitchener, Ont., in October, 2007. She was just 19.



## Memo to OC Transpo: Try and beat this as a way to go

Forget the car, forget the buses, forget the Kiev Metro. When your city is swamped by about 50 centimetres of snow, there's only one thing to do ... tie on the skis and start sliding. That was one woman's solution as the city of Kiev in Ukraine declared a state of emergency after an unprecedented snowstorm stalled road, railway and air traffic on Sunday and Monday. Tractors, armoured vehicles and other heavy equipment were sent out to clear roads blocked by kilometres of traffic jams. Some drivers had simply abandoned their stalled cars and walked. **SERGEI CHUZAVKOV/THE ASSOCIATED PRESS**

## Italy killing. New trial looms for Amanda Knox?

Amanda Knox is waiting anxiously in Seattle to hear if she'll face a murder trial again in Italy.

She was acquitted in the murder of her roommate.

But now Italian prosecutors have asked the high court to throw out the acquittals of Knox and her Italian ex-boyfriend in the murder of 21-year-old British student Meredith Kercher and order a new trial.

After hearing six hours of

arguments, the court delayed a decision until Tuesday.

Knox is "carefully paying attention to what will come out," attorney Luciano Ghirga said as he arrived at Italy's Court of Cassation in Rome.

Knox, now 25, and Raffaele Sollecito, who turns 29 on Tuesday, were arrested in 2007 after Kercher's body was found in a pool of blood in a rented apartment in Perugia. Her throat had been slashed.

**THE ASSOCIATED PRESS**

## Flu shots. Do health-care workers need them?

Should mandatory flu shots for health-care workers be put on hold?

A prominent infectious diseases specialist says yes.

Dr. Michael Gardam says he gets a flu shot every year, but thinks mandatory programs for health-care workers could end up being challenged in the courts.

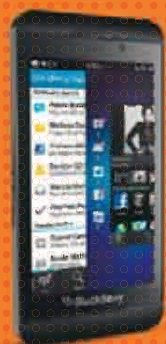
Gardam and a colleague, say in this week's Canadian Medical Association Journal that pushing flu shots in this

way could undermine other vaccination efforts.

Gardam, head of infection control at Toronto's University Health Network, also worries this type of fight could be used by the anti-vaccination movement.

Flu vaccine proponent Dr. Allison McGeer says a better vaccine would be welcome, but the current one does help to save lives and should be used by health-care workers.

**THE CANADIAN PRESS**



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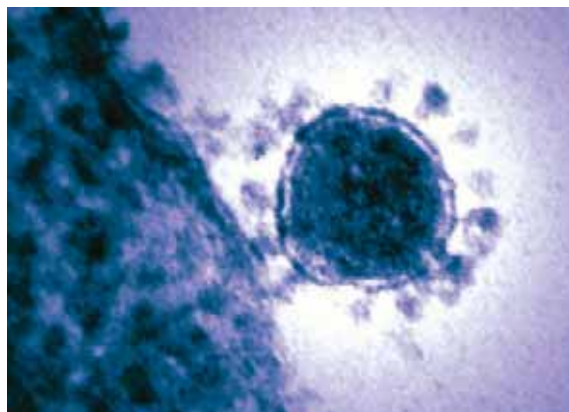
# Superspreaders could trigger new SARS-like event: Experts

**New virus.** There have been 16 confirmed cases recorded in Saudi Arabia, Qatar and Jordan — 10 of them have been fatal

People who think the new coronavirus couldn't take off and cause a SARS-like crisis may have forgotten a phenomenon that was a game-changer during SARS — patients called superspreaders.

At present, this new coronavirus doesn't seem to spread easily from person to person, a fact which some people use to argue it will not become the next SARS. Some limited human transmission has occurred, but confirmed cases are few and sporadically seen.

However, several experts suggest that superspreaders, which turned SARS into a global outbreak, could do



A coronavirus is shown in this colourized transmission electron micrograph.  
U.S. NATIONAL INSTITUTE FOR ALLERGY AND INFECTIOUS DISEASES/THE CANADIAN PRESS

the same with this new virus. That term refers to people who buck the transmission trend with a given bacteria or virus, infecting many more people than is the norm.

If the virus infected someone who turned out to be a superspreader, and that person sought care in a

hospital that wasn't taking precautions against novel coronavirus infections, this new disease could rapidly begin to resemble SARS.

Most people who contracted SARS either didn't infect anyone else, or passed it on to a single person. With that kind of inefficient trans-

## Toronto superspreaders

SARS went global thanks to a superspreader — a Chinese doctor who infected more than a dozen people at a Hong Kong hotel. One of those people brought the virus to Canada.

- Toronto had several superspreaders — one early case infected 44 others. An elderly couple who contracted the virus on the night SARS made its first appearance in a Toronto hospital were both superspreaders.

mission, an outbreak would normally stall. But during SARS, a select few people inexplicably ended up infecting a dozen, two dozen or more people, turning a disease that might otherwise never have been spotted into a four-month worldwide panic.

THE CANADIAN PRESS

## Sex surrogates. France pulls contentious term

A French regional government opened debate Monday on "the sexual life of the disabled" but backed off a push for sex surrogates amid unease about the issue.

The head of the Essonne department south of Paris, Jerome Guedj, had called for allowing sex surrogates — people who can help disabled people explore their sexuality — as part of regular social services.

Guedj noted that sex surrogates for the disabled are permitted in some other European countries as well as in the U.S., as seen in the recent film *The Sessions*. Unlike in some other places, the French measure would have

involved state funding.

But Guedj pulled the most contentious part of his proposal Monday, removing the term "sex surrogates" just ahead of the vote in the local council, after coming under criticism for opening the door to legalized prostitution.

Instead, the council agreed for now to open a "reflection on the sexual life of the disabled."

A national ethics council on March 12 ruled that authorizing sex surrogates would essentially "merchandise the human body" and could leave recipients emotionally vulnerable.

THE ASSOCIATED PRESS

## Fake movie scam

### 5 jailed in Britain for Argo-like plot

Five people have been jailed in Britain for pretending to make a Hollywood movie in a scam to defraud tax authorities of \$4.3 million

in a plot reminiscent of the Academy Award-winning hit *Argo*.

Bashar Al-Issa, the leader of the fraud, was jailed Monday for six and a half years. The others were sentenced to around four years each.

THE ASSOCIATED PRESS

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# NRA making robocalls to Newtown

**Scene of school shooting.** Residents are 'outraged' over the National Rifle Association's lobbying in the town

Some residents of the Connecticut community devas-

tated by December's school shooting said they're outraged over automated phone calls they've received from the National Rifle Association gun lobby only three months after a gunman killed 20 first-graders and six educators.

Newtown residents said the automated calls from the NRA began last week and urge people to tell

**'Insensitive'**

**"This was a really hard week for me on a lot of levels. These calls were the very last thing I needed."**

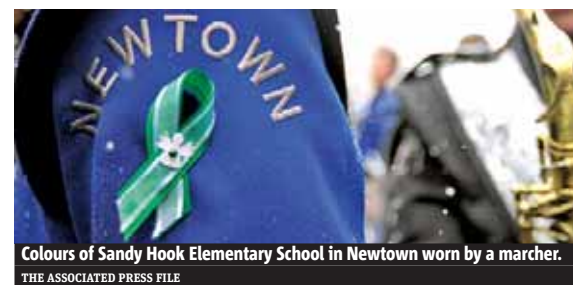
Christopher Wenis, who has a five-year-old who went to pre-school on the Sandy Hook campus. He has received three NRA calls.

their state legislators to op-

pose gun control proposals, which are being debated in Connecticut and other states in the wake of the shooting. Some also said they received postcards from the NRA supporting gun owners' rights.

"It's ridiculous and insensitive," Newtown resident Dan O'Donnell told Hartford-area NBC affiliate WVIT-TV.

THE ASSOCIATED PRESS



Colours of Sandy Hook Elementary School in Newtown worn by a marcher.

THE ASSOCIATED PRESS FILE



## Did you say this was spring?

A commuter walks through a spring snowstorm Monday in Philadelphia. The weakened storm that blanketed the Midwest with heavy snow and slush continues moving east with its cold temperatures and a miserable mixture of snow and rain. MATT ROURKE/THE ASSOCIATED PRESS

## New Brunswick. MOH trying to track down men who had unprotected sex

New Brunswick's chief medical officer of health says officials are trying to track down about two dozen men who had unprotected sex with a man who was later diagnosed with HIV.

Dr. Eilish Cleary says a New Brunswick man recently tested positive for the virus and officials are now attempting to contact his sexual partners from the last two years.

Cleary says the man frequently used a website called

www.manhunt.net that facilitates anonymous sexual encounters.

She says the man and the website have been helpful in trying to track down his sexual partners, though it is a difficult process because people typically log on using aliases rather than their real names. Her office issued a statement encouraging people who had unprotected sex to get tested for sexually transmitted diseases. THE CANADIAN PRESS



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## Ottawa. NDP wants RCMP to investigate budget leak

The opposition New Democrats are asking police to investigate a federal budget leak that they say could have allowed insiders to manipulate the market.

NDP deputy finance critic Guy Caron has written to RCMP Commissioner Bob Paulson to say a pre-budget leak into tariff breaks for hockey equipment opened an "opportunity for personal financial gain."

The National Post, followed by the Globe and Mail, both reported last week that the measure would be part of Finance Minister Jim Flaherty's eighth spending blueprint.

The leak was widely interpreted as the Harper government's effort to influence media coverage — and television reports on budget day

### Precedent

- NDP deputy finance critic Guy Caron says such budget leaks were once taken very seriously, citing the leak under the Mulroney Conservatives in 1989 that led to the resignation of the finance minister and an RCMP investigation.

were indeed filled with kids in hockey gear. Only later did it become clear that the Conservatives had increased tariffs on a much wider array of goods, more than offsetting any tariff cuts to a few popular items.

THE CANADIAN PRESS

### Market Minute

**DOLLAR**  
97.92¢  
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Natural gas: \$3.87 US (-6¢)  
Dow Jones: 14,447.75 (-64.28)



**TSX**  
12,680.71 (-76.64)



**OIL**  
\$94.81 US (+\$1.10)



**GOLD**  
\$1,604.50 US (-\$1.60)

# Ford India apologizes for ad with Berlusconi, bound women

**Mumbai.** Images that appeared online may never have been seen by anyone at automaker

The Indian unit of Ford Motor Co. has apologized for advertisements decried as demeaning to women, including one depicting Italy's former prime minister Silvio Berlusconi with a trio of bound women in the trunk of a car.

A Ford India spokeswoman said Monday that the company is investigating whether anyone at the automaker ever saw the print ads, which were never used commercially but appeared over the weekend on a website showcasing creative advertising.

The ads caused an uproar online and came just after India passed a new law on violence against women following a fatal gang rape of a student on a bus that prompted mass protests and spotlighted the status of women in India.



This ad, depicting Italy's former prime minister Silvio Berlusconi with three bound women in the trunk of a Ford Figo, was created at advertising agency JWT India and appeared on the site adsoftheworld.com. The CEO of JWT India says that it and two similar ads were never paid for and "were not expected to be released." SCREEN GRAB

Featuring Ford's logo, one ad showed three women bound and gagged in the trunk of an Indian-made compact, the Ford Figo, with Berlusconi smiling from the driver's seat alongside the slogan "Leave your worries

behind with the Figo's extra-large boot." Similar ads featured Paris Hilton apparently kidnapping reality-television rivals the Kardashian sisters — all three sisters tied up and one in a bikini — and Formula One driver Michael Schu-

macher abducting his male racing competitors.

Ford said Monday that it regrets the incident, calling the images "contrary to the standards of professionalism and decency within Ford."

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# #SORRYNOTSORRY FOR HASHTAGS

A friend of mine recently told me she is having trouble coming up with a suitable hashtag for her upcoming wedding. Her social media-savvy guests will want to know what the official wedding hashtag is before they start live-tweeting from the venue and sharing their heavily filtered snapshots all over Instagram. This is a major #firstworldproblem of course, but her panic got me thinking about the symbol's growing cultural relevance.

Twitter first introduced the hashtag concept in 2007 to group conversations and streamline the search function within the micro-blogging site. Today, about one in eight tweets feature words or phrases that are prefixed with a hashtag symbol, which has since been adopted across numerous social media platforms. Google+, Instagram, Tumblr and Pinterest all support the hyperlinking pound sign and soon, rumour has it, Facebook will finally incorporate hashtags into its interface.

The functional marker has evolved into something much more than its developers could have predicted. The symbol has



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

been embraced by inside jokes and revolutionaries alike, and the humble hashtag helps rally individuals together online and in person and has entirely changed the way we watch award shows. We all know the #Oscars Twitter commentary is much more entertaining than the actual Oscars.

Even more interesting is the way in which this digital code has transcended the realm of social media and is creeping into other forms of communication. I've started noticing hashtagged phrases written out in emails, I spotted a women's athletic shirt with #RUN emblazoned on the front, I've even seen friends use hand gestures to mimic the symbol during in-person conversations. Forget to brush your hair and put on mascara in the morning? Your au naturel look means you're having a #nofilter kind of day.

Hashtags serve no practical function in these forms but there's evidence of a growing trend; social media language is migrating away from its intended platform and starting to infiltrate our speech patterns in interesting (albeit sometimes annoying) ways.

We employ these digital hieroglyphs to add new levels of

meaning to our conversations, to offer a clever aside, qualify what we're really trying to say, or underscore our sentences with an additional layer of emotion.

Some of the best hashtag phrases add a sardonic undertone of mocking, because we all know people who deserve to have #whitegirlproblem or #humblebrag shouted at them from time to time.

Away from the keyboard and stripped of its digital functionality, the ubiquitous symbol is becoming increasingly prevalent in face-to-face communication. Who can forget Jack Layton's best dad-joke moment when he referred to Prime Minister Stephen Harper's crime policies as "a hashtag fail."

Some lament the lazy nature of the hashtag, arguing that this idle form of expression is destroying our ability to communicate properly along with other digital shorthand devices such as text message abbreviations, LOL-speak and emoticons. But anyone who has ever picked up a Shakespeare play knows that dialects evolve over time. We've created a modern hybrid language in blending our spoken and typed words and symbols and, like it or not, the hashtag seems like it's #heretostay.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Balloons not just for clowns and circus folk



DAVID CHESKIN/THE ASSOCIATED PRESS

#### Gasp! It's time to come up for air

New York artist Jason Hackenwerth starts work on a giant balloon sculpture named Pisces inside the National Museum of Scotland,

in Edinburgh on Monday.

When complete, the sculpture will span three floors of the museum and is designed to represent the natural world.

"Even when I'm in my studio day after day, it always

feels full of new possibilities," Hackenwerth says of his art.

He says he uses balloons as a medium because they are accessible to a wide audience and often take people back to their childhood.

THE ASSOCIATED PRESS

#### Online

- Listen to the artist discuss his muse and see how he creates the masterpieces at metronews.ca.

#### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

It's no use crying over what could have been if Twitter had existed at the same time as some of history's more famous events. Take these accounts as inspiration and flex your intellect by reporting your pet historical event as it happened.

#### @RealTimeWWII:

A day-by-day retelling of the Second World War with a wonderful knack for digging up quotes from world leaders and updates from the war's lesser-known theatres.

#### @TitanicRealTime:

Right now, everybody is extremely



pleased by reports of the unsinkable liner's luxurious accoutrements. But stay tuned — things are about to get real very soon.

#### @SamuelPepys:

The Great Plague and the Great Fire of London are a few bite-sized eyewitness accounts taken from the English Restoration's most famous diarist.

#### Twitter

@metropicks asked: China just sent us pandas. What should Canada ship to other countries for diplomatic reasons?

@Dragoniser: The Ontario Liberal Party. They will be out of a job soon anyway.

@kajomha: everything maple!

@IdejTaurin: moose and maple syrup, with some Tim Hortons thrown

in too.

@rosalesj: snow.

@905GoTrainGirl: Tim Hortons

@BaggsMcJungle: Please send China the Three Stooges: Rob & Doug Ford & their fishing buddy, Stephen Harper. If there's room, Gazebo Clementine.

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## DVD reviews



### Lincoln

**Director.** Steven Spielberg

**Stars.** Daniel Day-Lewis, Sally Field, David Strathairn

Neither the title-implied biopic nor an assault on the tear ducts, Steven Spielberg's *Lincoln* serves history by favouring background over foreground. Daniel Day-Lewis's Oscar-winning portrayal of the 16th U.S. President is grounded on the complex humanity of the man, one forced by circumstances to deal not only with epochal national concerns — slavery and the Civil War — but also pressing family ones. His Abraham Lincoln is grey of hair and beard, walks with a slight stoop and speaks in a higher register than our mind's ear may wish to hear. He's capable of thunder — we see glimpses — but he frequently comes across as timorous, in his dealings not only with political foes and allies but also with his high-strung wife Mary (Sally Field) and headstrong son Robert (Joseph Gordon-Levitt). Scripted by Tony Kushner (TV's *Angels in America*, Spielberg's *Munich*) the film loosely adapts Doris Kearns Goodwin's non-fiction best-seller *Team of Rivals: The Political Genius of Abraham Lincoln*. It finds focus in the marrying of high principles with low politics.

PETER HOWELL



Lil Wayne releases his latest album, *I Am Not a Human Being II*, this week. THE ASSOCIATED PRESS

# Same old Lil Wayne

**New album.** Forget the story line — rapper's strength still lies in his lyrical zingers

Lil Wayne's *I Am Not a Human Being II* album opens with a familiar sound — someone's flicking a lighter. It's Weezy's sonic signature, a long-running nod to the weed, women, booze and bravado that has shaped so many of his musical releases, including his latest.

Now on his 10th album, singles like *No Worries* and the Mike Will Made It-produced *B—s Love Me* sug-

gest that Wayne's priorities haven't changed. Luckily for fans, he covers familiar territory with fresh, tweet-worthy punchlines.

But if you're looking for storytelling, look elsewhere. Wayne's expertise is in lyrical zingers.

He unleashes a dazzling array on the 2 Chainz-assisted *Rich as F—*, which features a standout, swaggering beat from producer T-Minus. "AK on my night stand, right next to that Bible/But I swear with these 50 shots, I'll shoot it out with 5-0/Pockets gettin' too fat, no Weight Watchers, no lipo," Wayne raps.

His performance on the song may very well con-

vince on-the-fence fans that the YMCMB captain still has passion for his craft.

He's entertaining on *Trippy*, one of two tracks produced by Juicy J and Crazy Mike. "I got high, and fell asleep loaded/I woke up and got high again/OK, I'm reloaded," Wayne raps, making no apologies for his recreational activities.

He's a sinister presence over the equally sinister beat of the production duo's *Trigger Finger*, and seems to laugh about his 2010 eight-month jail stint on *Gunwalk* featuring Gudda Gudda.

The songs are reminders of a more focused Wayne — a version of the rapper that seems to be absent from

tracks like *Curtains*, where he phones in lines like "I'm getting cake like I'm Jewish/my n— Drake, he Jewish."

He rages through the heavy metal-influenced *Hello*, but crossing genres doesn't change the same tired content.

And while the hook on *God Bless Amerika* promises a more thoughtful Wayne, his verses don't measure up — a disappointment considering his still-revered status as the best rapper in the game.

Overall, Wayne meets expectations for Wayne these days — not saying much (of substance), but giving listeners plenty to talk about.

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# Meyer's desert dream now a feature film

**The Host.** Twilight author came up with her latest world on a drive from Phoenix to Salt Lake City

RICHARD  
CROUSE  
scene@metronews.ca

Unlike most pop culture superstars, author Stephenie Meyer is not on Twitter. Well, she is, but she's only tweeted twice, both times on April 16, 2009. Still, she has almost 100,000 followers eager to hear any pronouncement from the woman who gave us eternal lovers Bella Swan, Edward Cullen and the Twilight universe.

She had time to tap out

the two tweets because at the time her world "had not been affected by the movies as it is now."

Currently the five Twilight films have grossed over \$2 billion and a new film sits poised to create another Meyer franchise. It's unlikely she'll have time to tweet anytime soon.

The Host, starring Saoirse Ronan, is a science fiction romance based on Meyer's 2008 novel.

"When I came up with the idea I was driving between Phoenix and Salt Lake City," she says.

"Through the desert there really is nothing for hours and hours and I didn't have anyone to talk to, so I was entertaining myself and in the middle of that came the idea of two people, in one body, in love with the same person, and that conflict. I thought,

"That's not a bad idea' and I started working on it, just in my head, until I could get to where I could start typing."

Her love of science fiction dates back to early childhood when her father would read the stories of Frank Herbert, Orson Scott Card and others aloud to the family. "I remember he read us Dune. The first one gave me nightmares."

The home readings, she says, were "great for a growing imagination. I also had a real affinity for that kind of reading so I don't think it was an accident that the second world I created was a science fiction world."

She's quick to point out, however, that The Host is suitable for people who don't necessarily like sci fi.

"It's in our world and it looks the same and people are in our bodies, so it feels

## Quoted

"I remember he (Meyer's father) read us Dune. The first one gave me nightmares."

Stephenie Meyer on her earliest experiences with the sci-fi genre

the same.

"You don't have to try and immerse yourself in something that is completely alien to you.

"I think that takes away one of the hurdles for people who aren't sure about science fiction."

As a fan, however, she sees the tantalizing possibilities in the genre.

"Science fiction lets us experience something that we haven't yet," she says, "but we might."



Stephenie Meyer says she's liked science fiction since she was a young girl. THE ASSOCIATED PRESS



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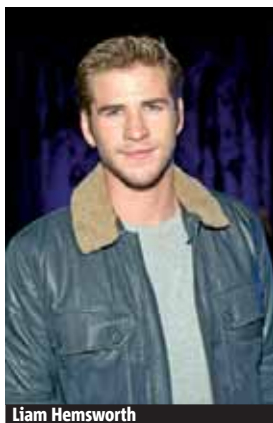
## Four weddings and a few red flags

Jesse James has tied the knot for the fourth time, marrying drag racer Alexis DeJoria in Malibu this weekend after dating for less than two months, according to Star magazine. James' most recent marriage — to Sandra Bullock — ended in divorce in 2010 after his infidelity came to light. DeJoria is the daughter of billionaire Paul Mitchell co-founder John Paul DeJoria, who also helped launch Patron tequila and the House of Blues nightclub chain. "Jesse's always had a man-crush on John Paul, and what better way to get close to him than to get hitched to his daughter?" a source says.



Jesse James

"But this marriage will be his fourth. If I were John Paul — after what Jesse put Sandra through — I'd be warning him up front that when it comes to Alexis, he'd better watch his butt."



Liam Hemsworth



Miley Cyrus

## Knock off the rumours, the ring is back on

Maybe it's time to put those breakup rumours about Miley Cyrus and Liam Hemsworth away, as the pair have been "inseparable" since Hemsworth got back from his trip to Australia and Manila, according to People magazine.

"Since Liam returned to L.A., Miley has been in the best mood. They are together and will continue their wedding plans," a source says. On top of that, Cyrus has been spotted wearing her engagement ring once again.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### Pop goes the week



Lindsay Lohan

## Lindsay's letting loose before lock up

Lindsay Lohan is apparently looking to make the most of her time on the outside before her 90-day sentence in a lock-in rehab facility begins. The troubled actress, who accepted her sentence as part of a plea deal last week, reportedly spent the weekend hitting up nightclubs around Southern California. On Friday, Lohan was spotted "drinking Ketel One vodka on the rocks and smoking Parliaments"

at San Diego club Fluxx dressed in a Yankees baseball hat and a hooded sweatshirt, according to Us Weekly. And Saturday night found her back in L.A. at Santa Monica's 41 Ocean, where she tried to dodge photographers, according to the Daily Mail. But Lohan has assured her Twitter followers that she's not partying as much as is being reported. "I'm taking this seriously and focused on the road ahead," she wrote before the wild weekend. "Don't believe everything you hear unless you hear it from me." There's still no word on when Lohan will begin her 90 days of treatment.



Spice Girls ALL PHOTOS GETTY IMAGES

## Too much of something: A reunion recipe that's one Spice short

Spice Girls fans hoping for a reunion will have to be satisfied with the group's performance at the Olympics last summer, as that's it as far as Victoria Beckham is concerned, according to Radar Online. "Victoria has made no secret of the fact her singing days are over, with a hugely successful business and a growing family," her rep says. "She loved her time as a Spice Girl and will always wish the other girls well in whatever they choose to do." And whatever they choose to do may now include doing a reality show in which they

search for Beckham's replacement, according to the Daily Mail. "The girls, particularly Geri [Halliwell], think there is so much more that they can achieve, and they know that their fans still want to see them perform," a source says. "She would give anything for this to all work out. She has spoken to TV production companies about how it would work and is very excited. They are gradually getting further down the line." A source close to the band, though, insists that the four remaining members would not recruit a replacement.

### Twitter



@jeremypiven

I am not currently Mexican



@Louis\_Tomlinson

Just incase anyone was wondering, cereal after mouth wash is a bad choice !



@rustyrocks

Read Malcolm X's autobiography next time you think you've had a hard life.



@MatthewPerry

Love playing a sociopath on The Good Wife. I know a sociopath in real life. And if he's reading this, I'm sure he doesn't know who he is.

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Le Collège des meilleures pratiques

# Could this alkaline diet change your life?

**Mythbusting.** Your body shouldn't be high on acid. Victoria Beckham's favourite cookbook, *Honestly Healthy*, looks at how alkaline-forming foods help you lose weight, be happy and fight insomnia. Metro investigates the claims

ROMINA  
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life@metronews.ca

"Our bodies function best when in an alkaline state. Yet, much of our eating trends and diets are very acid-forming in the body, leading to internal stress," Vicki Edgson, nutritionist and co-author of *Honestly Healthy*, tells Metro.

Why? Because other than in the stomach, which is highly acidic in order to break down food and kill bacteria, everything else in the body runs at an alkaline level.

"All our bodily fluids (blood, serum, urine) are between 7.35 and 7.45 on the pH scale. Matching this alkaline state makes it far easier for the body to digest, absorb and derive energy from the

## The author



**"Our bodies function best when in an alkaline state. Yet many diets are acid-forming, leading to internal stress."**

Vicki Edgson, nutritionist  
Author of *Honestly Healthy*

food we consume," she explains.

But certain staples, such

as coffee, milk and red meat, score between four to six on the pH scale.

When digested, they form acidic residues in the bloodstream.

"This places a heavier burden on the kidneys and liver to break them down further, as both organs require an increase of certain minerals in order to buffer such acidity," warns Edgson.

Edgson makes sense and *Honestly Healthy's* recipes are delicious — we've tried them — but are her claims correct?

We asked Amanda Griggs, Nutritional Therapist at the



Balance Clinic London (whose clients include supermodel Elle Macpherson) to weigh in on the claims.



**70% alkaline,  
30% acidic =  
balance?**

**What the nutritionist says:** "True! An alkaline diet is basically a healthy one that includes fresh vegetables, fruit, nuts and water but excludes excessive amounts of processed foods, coffee, and alcohol."

## Good food will improve a mood

**What the nutritionist says:** "Alkaline foods such as green leafy vegetables, nuts and seeds are rich in magnesium, folic acid and B vitamins that stimulate and increase serotonin levels."



## You'll lose weight naturally

"ninety-nine per cent of people put on weight when they're unhappy and therefore eating inappropriately. But if you feel great, you'll lose any excess body weight anyway," claims Edgson.

**What the nutritionist says:** "True! Over-acidity can equal weight gain."

## Clear skin, shiny hair & better BO

**What the nutritionist says:** "True! The body neutralizes excessive acids with alkaline minerals such as magnesium and potassium. An excessively acidic diet puts a strain on the organs of elimination such as the colon and skin."



## Better sleep/focus

**What the nutritionist says:** "True! With a constant onslaught of a high acidic diet that includes stimulants such as caffeine, sugar and alcohol, the body resorts to leaching valuable electrolytes such as calcium, magnesium, potassium and sodium from vital organs and blunt valuable hormones, which we need for restful sleep."

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This week:  
*Are you thinking about retiring?*



3  
TIPS

## Parenthood



## Study reveals much of mice and mammals

A study published in The Journal of Neuroscience found that sexually naive mice respond aggressively to chemical signals (most likely pheromones) from newborn pups, while pup pheromone perception is suppressed in fathers (sexually-active male mice), tending to make them more nurturing. The findings may help scientists to better understand the changes that take place in the brains of some mammals during the transition into parenthood.

LINDA CLARKE / METRO NEW YORK

# Pubic hair removal may increase sexually transmitted infection risk

## New health study.

Researchers show how certain STI's have risen as the popularity of Brazilian waxing has taken hold

A recent study published in sexually transmitted infections found that Brazilian waxing and other types of pubic hair removal, including shaving, was a possible link to an increased risk of a viral infection called molluscum contagiosum.

Molluscum contagiosum is a poxvirus that can be passed on through sex, but it is also easily spread by self-infection, such as scratching.

Researchers say the risk seems higher with shaving than waxing and that other STIs, such as genital warts, could be more frequent with genital hair removal.

Over the past decade, researchers noted that the



Clean shaven may not be as clean as some think. ISTOCK PHOTOS

number of sexually transmitted cases molluscum con-

tagiosum had risen, just as the popularity of pubic hair

removal had also increased.

LINDA CLARKE / METRO NEW YORK

## Hormones

## Working on a night shift could up the odds of contracting ovarian cancer

New findings published in Occupational and Environmental Medicine state that shift work may be associated with an increased risk of cancer.

Researchers think that the result could be due to lower melatonin production.

This hormone is mostly produced at night and regulates reproductive hormones, particularly estrogen. It also destroys cancer-causing free radicals and boosts antioxidant production in the body.

The International Agency for Research on Cancer (IARC) has classified work schedules that disrupt the body's normal time clock (circadian rhythm) as a probable cancer-causing agent.

LINDA CLARKE / METRO NEW YORK

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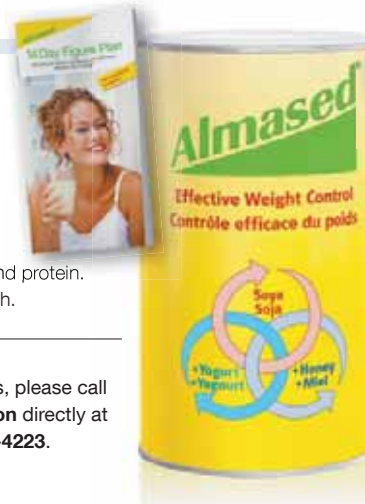
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# Vision restored

Civil engineer with eye disorder waited three years for each cornea transplant

Since her teen years, Sandra vanRassel knew that her vision would one day degenerate. Diagnosed at 18 with Fuchs' dystrophy — a slow-progressing eye disorder that affects the cornea — she expected that at some point in her adult years, cornea transplants would be required to restore her vision.

When vanRassel turned 40, it was time for the transplants, but it would be another three years before the Thunder Bay mom would have her first surgery — a time period when her quality of life was severely diminished.

A civil engineer with Aboriginal Affairs and Northern Development Canada, she was unable to work for three years. However, driving was impossible, as were simple tasks such as reading mail. Friends and family rallied to help vanRassel with her grocery shopping and social outings like her son's playgroup.

"I couldn't even see my son's nose running; if he had a cold, I wouldn't know it," recalls vanRassel, now 47. "[The other moms] would come and see me and say, 'He needs his nose wiped.'"

She had transplants in 2007 and 2010 at Toronto Western Hospital. In total, she waited six years — three for each eye. This long wait time is all too common, according to Dr. Guillermo Rocha, a Manitoba cornea transplant surgeon and a member of the Canadian Ophthalmological Society.

"In Manitoba, we handle a waiting list for five surgeons — which [would be] about 120 patients — all the time," Rocha says. "I had a patient that was really frustrated. He had been waiting for a year and a half."

Part of the problem lies with how the system is organized in Canada. Wait times vary widely across the country and cornea transplant surgeons typically manage their own wait lists.

It's not that corneal tissue is particularly hard to come by; in fact, it's quite the opposite. "Of all the types of transplantations, I would say [cornea transplant] is the easiest," Rocha says. "You basically want



Sandra vanRassel: "It would be nice to have a shorter waiting list... and if more people registered and donated."

a cornea that is healthy."

Individuals who are near- or farsighted, for example, are still good candidates as cornea donors.

At any given time, more than 2,000 people may be waiting for transplants across Canada (excluding the province of Quebec) and wait times can vary from six months to three years.

"The sad thing is that we know if we were [somewhere else] — the United States or even India and Colombia — they would be getting [corneal] tissue within two weeks," says Rocha.

Waiting lists are almost non-existent in other countries, including the U.S. and the U.K.

"You can schedule a surgery there and you know a cornea will be available. The wait is weeks, not months or years," says Mathias Haun, director of strategic planning for tissues at Canadian Blood Services, a non-profit organization. Their mandate, in addition to managing the blood supply for Canadians outside Quebec, includes increasing public education and awareness about organ, eye and tissue donation and transplantation.

increase national awareness around the importance of eye and tissue donation to help people like Sandra vanRassel.

With her vision now restored to 20/30 through the use of lenses — up from 20/80 and 20/90 before the operations — the frustration that came with those long waiting times has dissipated, now replaced with gratitude.

"It would be nice to have a shorter waiting list and it would be nice if more people registered and donated," she says, "but I am still very appreciative of those who did decide to donate."

For vanRassel, the donors were a 15-year-old girl and a 50-year-old father. She wrote letters of gratitude to their families — a process so overwhelmingly emotional that it took a year to complete the first letter.

"It's so hard to write a letter and thank people for what you've gained when they've lost," says vanRassel, choking up at the memory. "I can't say thank you enough to those families."

Because she knew as an 18-year-old that she'd eventually need transplants, vanRassel says she's always supported organ and tissue donation. But in the years since her surgeries, her advocacy has grown stronger.

"I push more for it and try to make people aware of how they can help other families and how important it is," she says. "But I don't think some people realize how much they can help other families."

"I hope that other families who do give donations realize how much it is appreciated... it's so nice to know that there are people out there who will make that choice."

Canadian Blood Services hopes to

## Want to donate? Here's how

Canadian Blood Services, CNIB and the Canadian Ophthalmological Society are partnering to encourage people to consider becoming an eye donor.

According to recent polls by Canadian Blood Services, 95 per cent of Canadians support the idea of organ and tissue donation. But only 51 per cent of Canadians say they are willing to donate their organs and only 39 per cent say they are willing to donate their tissues.

The ways to register or declare your intentions to donate vary from province to province.

Go to [organsandtissues.ca/donate](http://organsandtissues.ca/donate) and click on your province to find out how to become a donor.



## Insight

The facts about cornea tissue, transplants and wait times

Blindness and vision degeneration due to conditions affecting the cornea are treatable. With cornea transplants, vision can be restored. But as shown by statistics (see below), the wait for transplants in Canada is long and the effects of vision loss are grave.

An estimated 2,000 Canadians are waiting for a cornea transplant.

Transplant wait times in Canada can vary from six months up to three years.

There are eight eye banks in Canada, excluding the province of Quebec.

Financial and societal costs of vision loss are significant. \* People with vision loss typically experience the following:

- twice the risk of a fall or premature death
- low income — the employment rate of working-age adults with significant vision loss is only 32 per cent, and 50 per cent of adults with vision loss live in poverty
- more medication errors
- two to five times as much difficulty with daily living
- three times as much clinical depression
- twice as much social dependence

\* "The Cost of Vision Loss in Canada," CNIB and the Canadian Ophthalmological Society, 2009

Canadian Blood Services  
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# Give the gift of sight.

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# Mussels: art of simplicity



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These simple and delicious Mussels with Tomatoes, Basil and Garlic can be either an appetizer or a main meal.

Serve the dish with a wholegrain French or Italian loaf to mop up the flavourful juices.

## Ingredients

- 2 lb mussels in the shell
- 1 1/2 tsp vegetable oil
- 3/4 cup finely diced onion
- 3/4 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini (optional)
- 2 tsp crushed fresh garlic
- 1 can (14 oz) tomatoes, drained and chopped
- 1/3 cup dry white wine or fish stock
- 2 tbsp tomato paste
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/3 cup chopped fresh basil



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Discard any mussels that don't close when tapped. Scrub the mussels under cold water and pull off the beards. Set the mussels aside.

2. Spray a large non-stick saucepan with cooking oil, add the vegetable oil and place over

medium-high heat. Add the onions, bell pepper, zucchini (if using) and garlic; sauté for 5 minutes. Add the tomatoes, wine, tomato paste, dried basil and oregano; cook on medium heat for 10 minutes, stirring occasionally until sauce thickens slightly.

3. Add mussels. Cover and cook until mussels are fully open, 4 to 5 minutes. Discard any that do not open. Arrange in individual bowls and pour sauce overtop. Garnish with basil. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

## Health Solutions

### Spring a leek today



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Any day now we are going to start seeing a spring crop of leeks.

And, like the middle child, they do require some effort (sorry middle kids) but pay dividends in the end.

Clean them up, treat them properly and you will never look back to plain old onions again.

• When cleaning leeks, it is best to cut them lengthwise into semi cylinders rather than rings. Cold running water between the layers removes the grit better so you won't

feel like you are eating a sandbox.

• Pan fry in butter with high heat to help brown and crisp the delicate fibres or they can become a slimy mush.

• Think about cooking a double batch and storing in the fridge to top soups, pastas and pizzas all week long much like caramelized onions ... only better.

Leeks provide more vitamin C, iron, Vitamin A and fibre than an equal amount of onion, but their unique, milder flavour really hits home on a cold, rainy day.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



## Dinner. Foil Pack Salmon



Bake an extra filet for tomorrow's lunch. MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA

**MAIJA MOMENTS**  
YummyMummyClub.ca

1. Spray one side of your tin foil piece with non-stick cooking spray (tin foil should be large enough to hold and fold over your salmon fillet).

2. Place lemon rounds in middle of tin foil in a rectangle. Place salmon on top of lemons and brush with olive oil. Top with dill and green beans and lightly salt to taste.

3. Fold tin foil into a foil package so that there are no seams, as you want to make sure there is no way for the steam to escape.

4. Bake on baking sheet in pre-heated 300 F oven for 25 minutes. Carefully place foil packs onto plates and open to let the steam escape.

**YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.**

## Ingredients

- Non-stick cooking spray
- 1/2 lemon, sliced into 4-6 rounds depending on size
- 1 salmon fillet (approx. 4-6 oz) (skin on or off)
- Drop of olive oil
- 2 sprigs fresh dill
- Handful of green beans, washed and ends sliced off
- Coarse salt to taste

# Skip deep-frying without losing that fried oyster flavour

1. In bowl, whisk 1/2 cup of the Guinness, 1/2 cup flour and 1/4 teaspoon salt. The batter should have the consistency of a thick pancake batter. If it is thicker than that, add additional beer. Let the batter rest for 30 minutes.

2. In small bowl, whisk

## Ingredients

- 1/2 to 3/4 cup Guinness Stout
- 1/2 cup all-purpose flour, plus extra for dusting the oysters
- Kosher salt
- 2 tbsp low-fat mayonnaise
- 2 tbsp plain Greek yogurt
- 1 1/2 tbsp finely chopped cornichons or dill pickle
- 1/2 tsp mustard
- ground black pepper
- 3/4 cup coarsely shredded carrots
- 3/4 cup finely shredded cabbage
- 1 1/2 tsp cider vinegar
- Hefty pinch sugar
- 1 tsp vegetable oil
- 12 oysters, shucked, reserving the bottom (curvier) shell to serve



This "Fried" Guinness Battered Oysters with Mustard Pickle Sauce recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

mayo, yogurt, cornichons or pickle and mustard. Season with salt and pepper

3. In another small bowl, toss together the carrots, cabbage, vinegar, sugar and a hefty pinch of salt.

4. In nonstick skillet over medium, heat the oil. Dip the oysters in the additional flour

to coat them on all sides. Transfer the coated oyster to a strainer to shake gently to remove excess flour.

5. Add coated oysters to the beer batter. Lift them from the batter, letting the excess batter drip off, then add them to the skillet. Cook until they are golden, about 2 minutes per side, then transfer them

to paper towels to drain.

6. To serve, put oysters in reserved shells, then top each with a bit of the mustard sauce and some of carrot mix. Serve either on platter as hors d'oeuvres, or divide between 4 serving plates. Serve immediately. **THE ASSOCIATED PRESS/ SARA MOULTON AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS**

# I'm sorry for sleeping with your girlfriend, and other apologies

**Memoir.**  
Columnist says we try our best but we all mess up — yet we're all deserving of forgiveness

Dave Bry is a professional apologizer, first in a Dear (Person He's Wronged) column online and now a letter-by-letter memoir of messing up and making amends.

Out Tuesday, Bry's Public Apology is stuffed with wrongs, from the foibles of an anxious, surly tween in New Jersey to the regrets of a 20-year-old who drinks and does drugs too much, losing his father to cancer at a crucial time in his youth.

Could you fill a book with apologies? Bry has no trouble.

Through high school in Little Silver, N.J., Bry spends a lot of time apologizing for bad behaviour at school as he set a record for detentions and tried to lose his virginity. He succeeds with the girlfriend of a classmate. And he's sorry.

A victim of the recession, the 42-year-old Brooklyn dad of an 8-year-old son started writing his Public Apology column at the culture site The Awl in 2009, as he lost a maga-

zine job and got his freelance writing career off the ground. About 40 per cent of the book is repurposed columns.

Bry hopes others will join him in apologizing — on a Tumblr called the Public Apology Project. Ahead of the book, from Grand Central Publishing, just a handful of people had taken up Bry on his offer of anonymity to set things right in their own lives.

**Was the idea for the book to share something of yourself beyond the usual memoir?**

I'm a little reluctant to talk about it in terms of getting weight off my shoulders, confessing for the sake of (alleviating) guilt. In my least generous look at it, I'd call it a gimmick. But I relate well to other stories told in the first person, that feeling of, 'Oh man, it could have come out of my own head.' The loftiest goal of the book would be that people might relate to it and remember, 'Oh my god, I remember when I did that stupid, embarrassing thing, and I remember when I was such a jerk and I've been beating myself up about it since.' It's nice to know that other people feel that way.

**Were you trying to get in touch with your previous selves?**

I think about the stuff that I've done wrong a lot. I'm a real harsh judge of behaviour, probably most harshly my own. I look at my behaviour pretty closely and look back on things and can identify many, many times in my life that I screwed up. I think I've always been looking back five years and thinking, 'Oh my god, thank god I'm not that same person. I was such an idiot.'

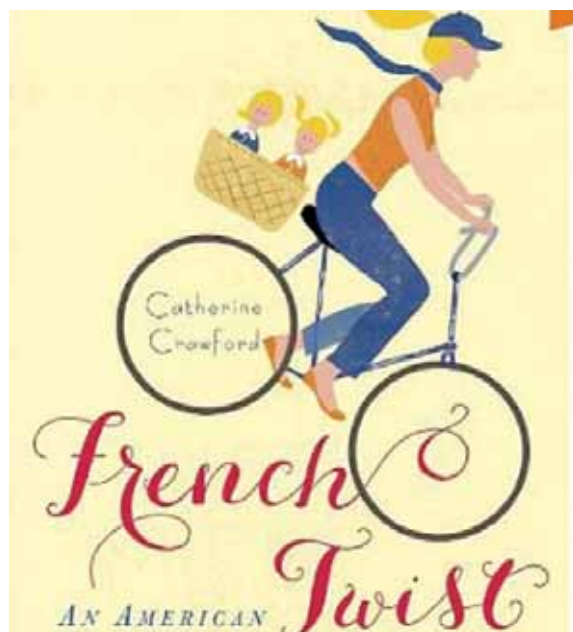
**Do you have more to apologize for than the average person?**

No. The way that I look at it is that we're all pretty much the same, and some of us maybe will feel more guilty about stuff, and maybe get more hung up. I think my northeastern Jewish upbringing made me lean in that direction, toward the kind of Woody Allen, hand-wringing guilt. But I think everyone's equally guilty, except the extreme examples. Basically, I think, we're all trying to do our best in this world, and we all mess up a lot. The flip side is we're all deserving of forgiveness.

THE ASSOCIATED PRESS



Dave Bry, author of *Public Apology: In Which a Man Grapples With a Lifetime of Regret, One Incident at a Time.*  
GRAND CENTRAL PUBLISHING / THE ASSOCIATED PRESS



## Motherhood with a bit of 'ooh la la'

When Brooklyn mom Catherine Crawford began to feel as if her kids were running the household, she and her husband decided to try an experiment in French parenting.

The more hands-off French method focuses on rules and boundaries between children and adults.

Her memoir, *French Twist: An American Mom's Experiment in Parisian Parenting*, chronicles her family's experience with "la vie française," and how it transformed their lives. Crawford learned plenty about American culture, child rearing and family dynamics.

**Your "a-ha" moment occurred during dinner with**

**French family friends — as you were about to bolt out of the room to tend to your crying daughter, your friend said, "If there is no blood, don't get up." Why was this moment so significant for you?**

Throughout the evening, I had been in awe all night of my friends' children. They didn't seem to need the same amount of attention, and they were extremely courteous. My daughter was freaking out about something and my instinct had always been to get up and run. My daughter calmed down. She figured it out on her own, which we don't let children do enough.

**What changes did you make after that?**

My husband and I defined rules. We said, "You're children. Daddy and I are grown-ups and we're not the same." I had to explain to them that they didn't get a say in everything. I realized I was always trying to fit into my children's world, whereas I never made them adapt to mine.

**We're afraid to tell them to be quiet and say no. And this approach helped to bring the family closer together?**

It provided a little relief for everyone. One of the

best changes was in the way they related to each other. All of a sudden, they were a team. If mommy or daddy laid down a rule they didn't like, they had each other to commiserate with. They play together so much more now.

**What are some of the things American parents are doing right?**

American parents encourage individuality. I didn't want to squash that in my kids. Our kids are boisterous, and I like that. There is a nice middle ground between the American and French examples.

NATALIE SHURE/METRO

## Personal finance. Here's how women can take control of their money

For more than a century the financial services industry has focused on men as the primary target for individual insurance and retirement savings.

The tide has changed: A Statistics Canada report from 2007 stated that 61.5 per cent of undergraduate degrees and 54.6 per cent of master's degrees are held by women. As a result, women have become the dominant economic force in our society.

According to Mike Aziz, vice-president of sales at Desjardins Financial Security, women's purchasing power extends to all areas because they tend to control most of these decisions for themselves, their families and other dependents.

According to a study by the Boston Consulting Group, Canadian women control 67.2 per cent of all household spending. That's a lot of purchasing power in our economy.

"What's interesting is that while many women today are able to assert their independence through their lifestyle and career choices, many still find personal financial planning to be very stressful," said Janey Leslie, a certified financial planner with Desjardins Financial Security.

"Statistically, women live longer than men, they play a key role in family care-giving and decision-making, but they are often in a more vul-

### Women influence

- 91% of home purchases
- 80% of health spending
- 90% of financial decisions

nerable financial position. So it's essential that women create a financial plan that can support their current and future needs and lifestyle."

First, think about what you would need financially to protect your family in case of an emergency like an illness or a job loss.

Second, know where your money's going. Review your budget to identify any wasteful spending and make a goal of paying down your debt once and for all.

Third, create a savings plan for your retirement and for a rainy day.

Fourth, review your life insurance coverage. Products like disability insurance, extended medical insurance and critical illness insurance allow you to focus on healing instead of your cash flow.

To learn more about creating a solid financial plan, talk to your financial advisor or visit [desjardinslifeinsurance.com](http://desjardinslifeinsurance.com). **NEWSCANADA.COM**

# Can you claim tax credits for an aging family member?



There are several caregiver tax credits available to taxpayers, though their definitions tend to cause confusion. ISTOCK IMAGES

**Alison on Money.** It's a confusing area for taxpayers, thanks to a hazy, subjective definition of infirm



**YOUR MONEY**  
Alison Griffiths  
[money@metronews.ca](mailto:money@metronews.ca)

Millions of Canadians are caregivers but are confused about whether they can claim caregiver tax credits for the elderly. This Metro reader is one of them:

**"My mother is 80 and lives with me. Her income from OAS and GIS (guaranteed**

**income supplement) is \$15,000. She can still do the daily basic necessities but her hearing is poor. I assist her with doctor appointments and ensure she is taking her daily medication. Can I claim any credits?" T.E.**

It's a bit of a puzzle because there are actually three "caregiver" credits under the category, Supporting Other Infirm Adults, meaning other than a spouse.

These include line 305 (amount for eligible dependent), line 306 (amount for infirm adults age 18 or older) and line 315 (caregiver amount).

Line 315 is the most likely credit for you. The caregiver amount is \$4,402 for a dependent who is not infirm

and \$6,402 if the person is infirm. The non-refundable tax credit is phased out when net income exceeds \$21,435 for the infirm and \$19,435 for those who are not infirm.

Line 305 (amount for eligible dependent) used to be called the equivalent to spouse amount. You must be single and have your mother living with you. This credit is phased out when net income exceeds \$10,822 for those who are not infirm and \$12,822 for those who are.

You should talk to your mother's doctor to find out how she might be classified. The definition of infirm is hazy and somewhat subjective. If she's considered infirm, the line 306 tax credit also applies.

Also, if your mother's

### Growing issue

2.7 million Canadians care for an elderly family member or friend.

hearing loss qualifies her for the Disability Tax Credit (DTC), it could be transferred to you to reduce your taxes. A health professional will need to fill out the DTC application form, T2201, at [cra-arc.gc.ca/E/pbg/tf/t2201](http://cra-arc.gc.ca/E/pbg/tf/t2201).

Be aware that disability is a specific condition according to the CRA. One can be disabled but not infirm, and vice versa.

Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisongriffiths.ca](mailto:alisongriffiths.ca)



It's essential that women create a financial plan that can support their current and future needs and lifestyle. ISTOCK IMAGES

# Tiger climbs back atop the mountain in world rankings

**PGA.** Woods cruises to win at Arnold Palmer Invitational to take No. 1 spot from McIlroy

Tiger Woods is back to No. 1 in the world with a game that looks as good as ever.

Woods walked off the 18th green Monday waving his putter over his head — his magic wand this week at Bay Hill — to acknowledge the fans who have seen this act before. He won the Arnold Palmer Invitational for the eighth time to tie a PGA Tour record that had not been touched in 48 years.

This win had extra significance. It returned Woods to the top of the world ranking for the first time since the final week of October 2010, the longest spell of his career.

"It's a byproduct of hard work, patience and getting back to winning golf tournaments," he said.

Woods never let anyone closer than two shots in the final round at Bay Hill that was delayed one day by storms. With a conservative bogey he could afford on the last hole, he closed with a 2-under 70 for a two-shot win over Justin Rose.

Next up is the Masters, where Woods will try to end

his five-year drought in the majors.

Woods fell as low as No. 58 in the world as he coped with a crisis in his personal life and injuries to his left leg. One week after he announced he was dating Olympic ski champion Lindsey Vonn, Woods celebrated his third win of the season, and his sixth going back to Bay Hill a year ago.

"Number 1 !!!!!!!!!!!!!!!" Vonn tweeted moments after his win.

Like so many other victories, this one was never really close.

Rickie Fowler pulled to within two shots with a 25-foot birdie putt on the 14th hole, but after he and Woods made bogey on the 15th, Fowler went at the flag on the par-5 16th and came up a few yards short and into the water. Fowler put another ball into the water and made triple-bogey.

Fowler had to settle for a 73 and a tie for third with Mark Wilson (71), Keegan Bradley (71) and Gonzalo Fernandez-Castano (72).

Rory McIlroy had been No. 1 since he won the PGA Championship last August. He can reclaim the No. 1 ranking by winning the Houston Open this week. Woods heads home to south Florida for two weeks before the Masters.

THE ASSOCIATED PRESS



Tiger Woods acknowledges the crowd after winning the Arnold Palmer Invitational in Orlando, Fla. With the victory, Woods is No. 1 again in the world rankings. DAVID CANNON/GETTY IMAGES

**Tiger subdued**

## Snarl buried below the surface



**CATHAL KELLY**  
Special to Metro

He was never very giving of himself. Having returned to the top on his knees, Tiger Woods gives nothing any more.

"How does it feel, after all this time?" Woods was asked, seconds after winning the Arnold Palmer Invitational. If ever there was a moment to look back from the top and appreciate the difficulty of the climb, this seemed like it.

"It's a byproduct," Woods said evasively, and with an odd hint of menace. "A byproduct of hard work."

The game has returned, but the swagger that once accompanied it is gone. Woods is 37 years old. He looks younger.

He plays older. **GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY ON TIGER WOODS.**



# Lawrie to begin regular season on DL



**Brett Lawrie** TORSTAR NEWS SERVICE

The Toronto Blue Jays aren't willing to risk third baseman Brett Lawrie suffering another long-term injury.

The team announced Monday that the native of Langley, B.C., will open the season on the disabled list with a strained rib cage on his left side. The Blue Jays had been holding out hope that Lawrie

might be ready to open the season on time, but decided a careful approach was needed.

"I wish that I could say I'm going to be ready on this day, but I can't go as hard as I want to go out on the field until it feels like my other side," Lawrie said. "I want to make sure that when I go back out there to play it's to stay out there.

It's not go out there and test it. I just don't want that hanging over me, I don't like that in my head, the thought that it could get worse."

Last season Lawrie tried to play through pain and ended up missing two months with a right oblique injury. There is no time frame on Lawrie's return. **THE CANADIAN PRESS**

**Jays pound Phillies**

J.P. Arencibia homered twice, Josh Johnson struck out eight in 5 1-3 shutout innings and the Toronto Blue Jays beat the Philadelphia Phillies 13-4 on Monday. **THE ASSOCIATED PRESS**

**NBA**

## Ankle injury to keep KG sidelined for at least a week

Boston's Kevin Garnett is expected to miss at least a week with inflammation in his left ankle as the Celtics practise patience with their 36-year-old star.

THE ASSOCIATED PRESS



**Kevin Garnett** GETTY IMAGES FILE

**Soccer**

## Canada suffers loss in not-so-friendly

Canada versus Belarus was a friendly in name only.

Vitali Radzionau and Uladzimir Khavashynski scored to give Belarus, ranked 62nd in the world, a 2-0 win over No. 68 Canada on Monday in Doha, Qatar. After Belarusian man-

ager Georgy Kondratiev was ejected from the match in the second half for arguing an offside call, a melee arose when Canadian defender Dejan Jakovic was taken down from behind. That led to a shoving match between the two teams before the two referee's assistants came on the field to help diffuse the situation.

The match saw five yellow cards. **THE CANADIAN PRESS**

**Morrow joins Penguins**



"I just don't want to screw it up. They're going pretty good."

New Penguins forward Brenden Morrow upon his arrival in Pittsburgh on Monday. Morrow, acquired from the Dallas Stars on Sunday, joins the Penguins amidst a 12-game win streak.

4 SPORTS

# Canadian's future uncertain after Wichita shocks Zags

**March Madness.** Seven-footer Olynyk could be picked in first round of NBA draft if he doesn't return to university

Gonzaga's special season has ended with another early exit in the NCAA tournament.

Although they reached No. 1 in The Associated Press Top 25 and earned a top seed in the tournament, the Zags were bounced 76-70 in the round of 32 on Saturday by Wichita State.

Gonzaga (32-3) became just the fifth top seed to lose in the round of 32 since the NCAA expanded to 64 teams in 1985, and that gave fuel to critics who contended the team was

overrated after playing a relatively lightweight schedule.

But players and coaches insisted that the season will not be defined by one game, in which Wichita State buried the Bulldogs under 14-of-28 shooting from three-point range.

"For five and a half months it was unbelievable," coach Mark Few told reporters after Saturday's game. "A hell of a ride. That's the danger of this tournament. It's a couple-week deal. But nobody was having more fun than us."

A major question now is whether centre Kelly Olynyk, from Kamloops, B.C., will be there next season. The junior blossomed from bench-warmer to potential All-American this season. He scored 26 points and grabbed nine rebounds in the loss to Wichita State, and has been mentioned

## No more madness

**"The record, the 32 wins, being ranked No. 1 and a No. 1 seed, those don't get erased just because you lost."** Canadian Kelly Olynyk

as a possible first-round draft pick. Olynyk, who has already earned his college degree, has deferred all questions about his future until after the season.

The Zags will also lose forward Elias Harris, a four-year starter, and guard Mike Hart.

They will return a strong nucleus that includes guards Kevin Pangos of Newmarket, Ont., Gary Bell Jr. and David Stockton, along with big man Sam Dower and some younger players. **THE ASSOCIATED PRESS**



Kelly Olynyk of the Gonzaga Bulldogs leaves the court after a 76-70 loss to the Wichita State Shockers during the third round of the 2013 NCAA Basketball Tournament at EnergySolutions Arena on March 23 in Salt Lake City, Utah. Olynyk hasn't yet divulged whether he'll return to Gonzaga or enter the NBA draft. **HARRY HOW/GETTY IMAGES**

## Tennis

### Williams yells at herself, wins comeback match

Serena Williams' match was more than an hour old Monday before she began providing a soundtrack for her comeback.

"Come on!" she shouted at her fist through gritted teeth. Her demeanour transformed, Williams rallied past Dominika Cibulkova in the fourth round of the Sony Open 2-6, 6-4, 6-2.

**THE ASSOCIATED PRESS**

## Penn State. Sandusky maintains his innocence

Nine months after being convicted of sexually abusing 10 boys — a scandal that destroyed the once unimpeachable reputation of Hall of Fame coach Joe Paterno — Jerry Sandusky is again claiming he did nothing wrong.

The latest statements came Monday in portions of a taped interview aired on NBC's Today and transcripts posted on the website of a filmmaker who aims to clear Paterno's name.

In the interviews, the

former Penn State assistant coach denied having inappropriate contact with the boys, although he acknowledged he may have "tested boundaries."

"Maybe I shouldn't have showered with them," Sandusky said, according to transcripts posted on the filmmaker's site. "But I didn't do any of these horrible acts and abuse these young people. I didn't violate them. I didn't harm them."

**THE ASSOCIATED PRESS**

## NBA

### EASTERN CONFERENCE

	W	L	Pct	GB
y-Miami	55	14	.797	—
x-Indiana	44	27	.620	12
x-New York	42	26	.618	12½
x-Brooklyn	41	29	.586	14½
Chicago	38	31	.551	17
Atlanta	39	32	.549	17
Boston	36	33	.522	19
Millwaukee	34	35	.493	21
Philadelphia	27	42	.391	28
Toronto	26	44	.371	29½
Washington	25	44	.362	30
Detroit	24	47	.338	32
Cleveland	22	47	.319	33
Orlando	18	52	.257	37½
Charlotte	16	54	.229	39½

### WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	53	17	.757	—
x-Oklahoma City	52	19	.732	1½
x-Denver	49	22	.690	4½
x-L.A. Clippers	48	22	.686	5
x-Memphis	47	22	.681	5½
Golden State	40	31	.563	13½
Houston	39	31	.557	14
L.A. Lakers	36	34	.514	17
Utah	34	36	.486	19
Dallas	34	36	.486	19
Portland	33	37	.471	20
Minnesota	24	44	.353	28
Sacramento	25	46	.352	28½
New Orleans	24	46	.343	29
Phoenix	23	48	.324	30½

x — clinched playoff spot; y — clinched division.

#### Monday's results

Indiana 100 Atlanta 94  
Miami at Orlando  
Memphis at Washington  
Denver at New Orleans  
Philadelphia at Utah  
L.A. Lakers at Golden State

#### Sunday's results

Atlanta 104 Milwaukee 99  
Miami 109 Charlotte 77  
Houston 96 San Antonio 95  
Chicago 104 Minnesota 97  
Oklahoma City 103 Portland 83  
Dallas 113 Utah 108  
Brooklyn 102 Phoenix 100  
Philadelphia 117 Sacramento 103  
**Tuesday's games — All times Eastern**  
New York at Boston, 7 p.m.  
Minnesota at Detroit, 7:30 p.m.  
L.A. Clippers at Dallas, 9:30 p.m.

## NHL

### EASTERN CONFERENCE

ATLANTIC DIVISION									
	GP	W	L	OL	GF	GA	Pt		
Pittsburgh	33	25	8	0	116	84	50		
New Jersey	32	15	11	6	80	86	36		
NY Rangers	31	15	13	3	73	76	33		
NY Islanders	32	14	15	3	93	105	31		
Philadelphia	31	13	16	2	82	94	28		

### NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	31	20	6	5	98	77	45
Boston	30	20	7	3	86	64	43
Ottawa	32	17	9	6	83	70	40
Toronto	32	17	12	3	97	92	37
Buffalo	32	13	15	4	86	100	30

### SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	33	17	14	2	84	98	36
Carolina	30	15	13	2	85	86	32
Washington	32	15	16	1	92	90	31
Tampa Bay	32	13	18	1	103	98	27
Florida	33	9	18	6	78	116	24

### Monday's results

Toronto at Boston  
New Jersey at Ottawa  
Los Angeles at Chicago  
Edmonton at Nashville  
Minnesota at Dallas  
Detroit at Phoenix  
San Jose at Anaheim

### Sunday's results

NY Islanders 3 Florida 0  
Washington 3 NY Rangers 2 (SO)  
Pittsburgh 2 Philadelphia 1 (OT)  
Calgary 3 St. Louis 2  
Detroit 2 Anaheim 1  
Winnipeg 3 Tampa Bay 2  
Vancouver 3 Colorado 2  
**Tuesday's games — All times Eastern**  
Montreal at Pittsburgh, 7 p.m.  
Florida at Toronto, 7 p.m.  
NY Islanders at Washington, 7 p.m.  
Winnipeg at Carolina, 7 p.m.  
Buffalo at Tampa Bay, 7:30 p.m.  
NY Rangers at Philadelphia, 7:30 p.m.  
Edmonton at St. Louis, 8 p.m.  
Calgary at Chicago, 8:30 p.m.  
Columbus at Vancouver, 10 p.m.

### WESTERN CONFERENCE

CENTRAL DIVISION									
	GP	W	L	OL	GF	GA	Pt		
Chicago	30	24	3	3	102	66	51		
Detroit	32	16	11	5	87	81	37		
St. Louis	31	17	12	2	92	86	36		
Nashville	32	13	13	6	80	86	32		
Columbus	32	13	13	6	75	85	32		

### NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	32	17	9	6	87	85	40
Minnesota	30	18	10	2	79	71	38
Edmonton	30	11	12	7	72	88	29
Calgary	30	12	14	4	85	103	28
Colorado	31	11	16	4	79	100	26

**PACIFIC DIVISION**

	GP	W	L	OL	GF	GA	Pt
Anaheim	31	22	5	4	101	78	48
Los Angeles	31	17	12	2	88	76	36
Dallas	31	15	13	3	83	90	33
San Jose	30	13	11	6	71	79	32
Phoenix	31	13	14	4	80	87	30

**Note:** A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

### SCORING LEADERS

	G	A	Pt
Crosby, Phg	14	39	53
Stamkos, TBL	22	19	41
Kunitz, Phg	19	22	41
Kane, Chi	7	33	40
Getzlaf, Ana	12	24	36
Staal, Car	14	21	35
Tavares, NYI	19	15	34
Kadri, Tor	14	20	34
Ribeiro, Wash	10	24	34
Vanek, Buf	16	17	33
Moulson, NYI	11	22	33
Datsyuk, Det	10	23	33
Ladd, Win	14	18	32
Voracek, Phi	13	19	32
Duchene, Col	12	20	32
Ovechkin, Wash	16	15	31
Parenteau, Col	14	17	31
Zetterberg, Det	8	23	31
Neal, Phg	17	13	30
Toews, Chi	15	15	30
Kessel, Tor	10	20	30

**Monday's games not included**

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## Horoscopes

### Aries

March 21 - April 20

Taking care of other people's needs may be a chore you would prefer to avoid but it has to be done. You may even be surprised to discover you actually quite enjoy the experience.

### Taurus

April 21 - May 21

You may be desperate to know what's going on but don't let others know or they'll play games with you. Pretend you don't care and they'll let you in on the joke.

### Gemini

May 22 - June 21

With Jupiter, planet of good fortune, transiting your sign and linked to Mars, there is no way you can lose. Even if you do end up a few dollars out of pocket, you will make up for it in other ways.

### Cancer

June 22 - July 23

The planets make it clear that the right time to boost your standing is today. Someone in a position of authority will look kindly on your bid for a promotion or a raise, but only if you make that bid now.

### Leo

July 24 - Aug. 23

You know what is right and you know what is wrong, so what's the problem? The planets are asking you a simple question: Do you act according to your higher or your lower nature? So, what's your answer?

### Virgo

Aug. 24 - Sept. 23

You may not see a direct link between what you do for someone today and what others do for you tomorrow, but it is there. It's a law of the universe that if you help others, you also help yourself.

### Libra

Sept. 24 - Oct. 23

You won't have to work hard to get what you want today. With Jupiter transiting one of the best areas of your chart, many things come easy to you. Think what you might achieve if you make a serious effort.

### Scorpio

Oct. 24 - Nov. 22

You may seriously be thinking about giving up on your quest. Don't! You may still be some way to from the place you want to be but half your journey is already behind you.

### Sagittarius

Nov. 23 - Dec. 21

It may look as if some people have been less fortunate than you but there is no reason why you should feel guilty about it. Be the best you are at what you do and set an example.

### Capricorn

Dec. 22 - Jan. 20

Don't interfere in a situation that has nothing to do with you. However pure your intentions, you will most likely annoy a friend or relative and may even make the situation worse than it was before.

### Aquarius

Jan. 21 - Feb. 19

You feel you should be doing something more, something that has meaning. Has it not occurred to you that just being yourself is enough? Maybe you are standing too close to yourself to see it.

### Pisces

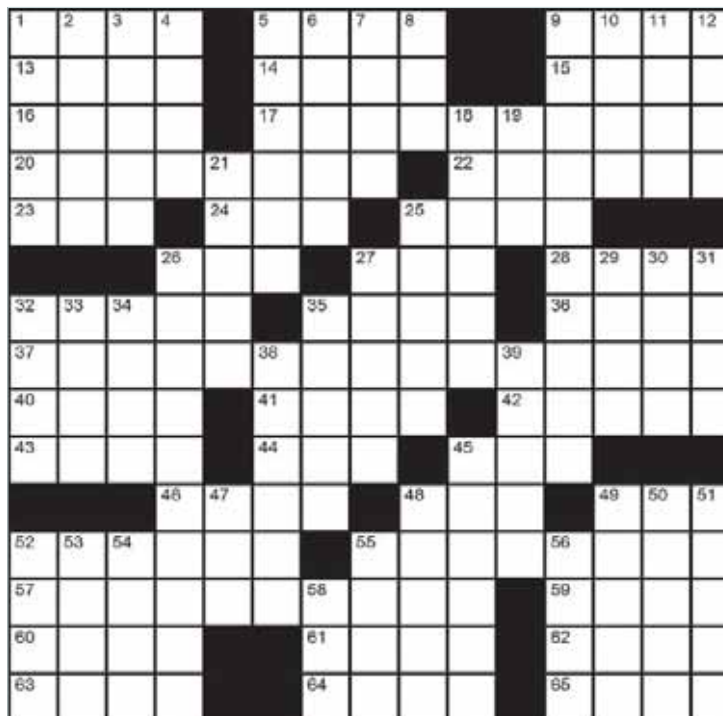
Feb. 20 - March 20

You can devote the day to pleasure or to work —the choice is yours alone to make. Whichever course you choose, some people are sure to complain but you must ignore them. Their pleasure, it seems, is complaining. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Pink Floyd's "Comfortably \_\_\_"
5. Gremlins
9. Operation-giver, for short
13. "Are you \_\_\_ out?": 2 wds.
14. Say \_\_\_ (Deny): 2 wds.
15. "Dynamite" singer Mr. Cruz
16. "Star Trek: Deep Space \_\_\_"
17. "Run Run Run" band from Toronto
20. Canadian fashion brand: 2 wds.
22. Flood-stoppers
23. Bug
24. Half of two
25. Feeling
26. Protrude
27. \_\_\_ Engr.
28. Herb
32. Mixtures
35. Compete on ABC's "Splash"
36. Puccini aria: "\_\_\_ Babbino Caro"
37. RCAF's CF-18: 2 wds.
40. Store door sign
41. South's opposite, in French
42. Curses
43. Swedish artist, Anders \_\_\_
44. Aunt: Spanish
45. Iceland band, Sigur \_\_\_
46. House's back or front area
48. Endings for many Y-ending words when plural
49. Job applicant's 9-digit ID
52. Jagged chain of mountains
55. Quebec locale historically a mining town
57. Component of any makeover: 2 wds.
59. Songstress Ms. Perry



### Down

1. "Teenage Mutant \_\_\_ Turtles"
2. Toronto's \_\_\_ Station
3. French impressionist, Claude \_\_\_
4. Brief: French
5. Tab key function
6. Kind of code
7. Memphis deity in
60. Bryan Adams' "18 \_\_\_ Die"
61. Comic strip, \_\_\_ and Janis
62. Tehran's locale
63. Dutch city
64. "As if!": 2 wds.
65. Richie's mom to Fonzie, \_\_\_

## Yesterday's Crossword

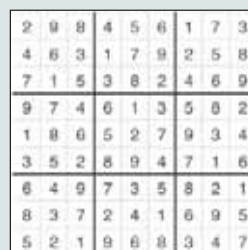


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



- ancient Egypt  
8. Soak, in dialect  
9. Dock workers  
10. 'Grad' add-on (Get a diploma)  
11. Ceremony  
12. Proceeds  
18. Master Twist, Charles Dickens character  
19. Bird beak  
21. Awaken  
25. Brilliant  
26. "Fire It Up" born in Scotland/raised in Canada singer: 2 wds.  
27. Single-named American songstress  
29. Jumbo-sized movie venue  
30. Vitality  
31. Oodles  
32. "The Wizard \_\_\_" (1939): 2 wds.  
33. Prefix with 'suction'  
34. Disney CEO, Bob \_\_\_  
35. Sci-Fi character  
38. Catch  
39. Selected  
45. Start the computer again  
47. 'A' in ETA, for short  
48. Basket fibre  
49. Ringo's last name  
50. Wee bits  
51. "Bye Bye Bye" band  
52. U.S. pre-coll. exams  
53. "\_\_\_ were up to me..."  
54. French: Ici \_\_\_ (Here and there)  
55. Two choices, \_\_\_  
56. \_\_\_ milk  
58. Yes, in Japan

Today



4°/-2°  
Variable

Wednesday



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